



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FRANKLIN COUNTY'S Y
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PRESS RELEASE

Annual Healthy Aging Fair at Franklin County's Y: Boost Your Brain and Body with the help of the Y!

Franklin County's YMCA (FCY) invites all adults 60 and over to the Annual Healthy Aging Fair—a free community event dedicated to helping older adults stay active, informed, and connected. This year's fair takes place on Wednesday, October 22, from 9:00 a.m. to 11:30 a.m. in the YMCA Gym, located at 451 Main Street, Greenfield.

YMCA-certified trainers will lead attendees through free Functional Fitness Assessments measuring upper and lower body strength, flexibility, aerobic endurance, and balance. In just 20 minutes, participants receive personalized feedback compared to national fitness benchmarks, plus individualized tips to enhance their wellness.

"This fair has become a trusted event for our 60 + community, connecting them with fitness and health resources for a well-rounded, informative experience," shared Jayne Trosin, Health & Wellness Director. "With the help of local service vendors, we're thrilled to offer flu, pneumonia, and COVID vaccines (bring your Medicare cards!), blood pressure checks, balance screenings, and even relaxing chair massages!"

New to this year's lineup: The Games We Play and the tools for brain health.

Try our Blue Goji Bike, an interactive fitness experience that measures how your brain performs in seven key cognitive areas: Memory, Processing Time, Perception, Attention, Motor Skills, Executive Function, and Sensation. As you play, the Blue Goji system tracks your progress and shows which parts of your brain you're engaging—giving you a complete picture of both your mental and physical workout.

You can also take a free Brain Health Yoga class, blending gentle stretching, mindful breathing, and light memory challenges—an emerging approach shown to support brain function, reduce stress, and help prevent cognitive decline. Sessions are offered at 10:00 a.m. and 11:00 a.m.; registration is required.

"The evidence supporting yoga's role in brain health has really gained traction," noted Barbara Polowy, YMCA Yoga Instructor. "Yoga may protect brain function as we age—while offering all its familiar benefits for flexibility, balance, and overall well-being."

Wellness, Connection, and Community

The Healthy Aging Fair also brings together local health and wellness organizations, giving participants the chance to explore services, gather resources, and connect with others in the community.

"Many healthy agers are joining—or rejoining—the Y to build strength, endurance, and a sense of community," Trosin added. "Often, the feeling of aging is more about inactivity than age itself. Our Y supports over 1,000 Active Older Adults members through swimming, strength training, group exercise, and even pickleball."

Through programs like Prescribe the Y, developed with local physicians, FCY continues to expand progressive fitness options for every adult, including access to the pool, Fit Life Center, and classes like yoga, Tai Chi, and cycling.

Experience the Y community in action, meet our dedicated staff, and learn more about the resources available to help you live your healthiest, happiest life. FCY Healthy Aging Fair - October 22, 2025 from 9 to 11:30 am.

This year's Healthy Aging Fair is generously sponsored by LifeFitness, with vaccines provided by Walgreens. For more information, visit www.your-y.org/events.

About Franklin County's YMCA:

Established in 1889, Franklin County's YMCA is one of the largest locally supported, not-for-profit community-based organizations in Franklin County. The Y provides opportunities for members to develop character and leadership, grow in mind, body and spirit through program participation and service, and improve the quality of life for all in Franklin County. Franklin County's YMCA is located at 451 Main Street in Greenfield and at www.your-y.org.